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WE SHOW YOU THE ROPES. HINT: DON'T START WITH TOMATOES. PAGE 26

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PRI-MATING

PAGE 04

Philadelphia Zoo gorilla Jabari and female gorilla Kira, from Boston, will be introduced and hopefully start a family. / PROVIDED

Busted: PPD cops robbed drug dealers

Trafficking. Two Philadelphia police officers allegedly stole from suspected drug dealers while on active duty. **It's a setup.** Commissioner Charles Ramsey said the duo also planted crack cocaine inside dealers' cars. 'Root them out,' Ramsey said. PAGE 02

From dawn to dusk with Julie Delpy

PAGE 18

We like that you're shady

PAGE 28

Cool burger recipes for hot days

PAGE 32

SIPS
Summer STARTS TONIGHT
LOOK INSIDE TO SEE WHERE YOU SHOULD BE SIPPIN'

1 NEWS

Top 3

Trending online at Metro.us

1 Photo: Taco Bell employee licks stack of taco shells

2 Home invasion suspect arrested after man, 67, chases him 4 miles

3 Video: Israel's education minister gets the giggles in parliament

Quoted

"So one of the things we hear is that year after year after year, the district comes asking for money. Well you're right, because year after year after year, the district doesn't get what it has asked for, and when you shortchange someone, they have to come back year after year after year."

Mayor Michael Nutter at a rally for school funding in Harrisburg yesterday.

Missing

Jerrica Laguins, 17 / PPD

Police look for girl, 17, who went missing with baby

Police are looking for a 17-year-old female from North 35th Street who was last seen around 8 p.m. Thursday at 30th and Market streets boarding the subway with her 5-month-old daughter.

Jerrica Laguins was last seen wearing a purple shirt, black pants, purple sandals and a brown hat. Her daughter Paris was wearing a yellow shirt with blue flowers and dark blue jeans.

Anyone with information is asked to call 911 or Southwest Detective Division at 215-686-3183. METRO

Bus crash

Philly driver who hit Boston bridge in court

The driver of a tour bus that crashed into a Boston bridge in February pleaded not guilty to various charges yesterday.

Samuel J. Jackson, 67, of Philadelphia, was released on his own recognizance, according to the Suffolk County district attorney's office.

State police said in April that the results of their investigation led them to seek charges against Jackson, who did not slow down or heed warning signs before the February collision that injured about three dozen people, including 16-year-old Matthew Cruz of Langhorne, who is now paralyzed.

METRO

Police Commissioner Charles Ramsey and U.S. Attorney Zane Memeger announce the charges. / CHARLES MOSTOLLER, METRO

'Rotten apple' officers charged

Corruption. Federal prosecutors charged two Philly police officers with allegedly robbing drug dealers.

Federal prosecutors in an indictment unsealed yesterday charged two former Philadelphia police officers with allegedly leveraging their badges and guns to rob drug dealers.

Jonathan Garcia, 23, has been in federal custody since a sting operation conducted in 2012 that led to his arrest for allegedly selling heroin. Sydemy Joanis, 27, was arrested yesterday, though Police Commissioner Charles Ramsey said he resigned soon after Garcia was arrested.

Officials with the U.S. district attorney's office, the FBI and the Philadelphia Police Department allege Garcia and Joanis conspired to rob suspected drug dealers of narcotics trafficking proceeds while on active duty between December 2009 and June 2012, using a confidential source — identified in court documents only as Person No. 1 — to help identify targets, buy drugs and, in some cases, to plant drugs in targets' cars in order to justify searches and seizures.

"Garcia and Joanis stopped and searched individuals whom they believed were drug dealers," U.S. Attorney Zane Memeger said. "If Garcia and Joanis found other drugs or money during the search, they seized the items and arrested the individual. Garcia and Joanis then prepared paperwork, which at various times failed to identify their use of a confidential source, fabricated the justifications for the police stop and failed to fully disclose all of the money seized from those arrested."

The two officers are accused of providing Person No. 1 with money and instructing the informant to meet with suspected drug dealers inside their cars. Prosecutors said they often told Person No. 1 to leave behind a small amount of the drug purchased — usually crack cocaine — inside the car.

As Person No. 1 exited the vehicles, Garcia and Joanis would then allegedly initiate bogus traffic stops on the suspected drug dealers. After finding the drugs purposefully left behind by the informant, the officers would arrest the suspects.

The officers would then allegedly falsify paperwork to steal all or some of the money recovered from the arrest and split the proceeds.

Ramsey said he's open to discussing how cases are reviewed to identify possible patterns of misconduct, but added that corrupt cops make it a point to circumvent procedures.

"It's not as if I'm one directive short of preventing a person from doing this," he said. "He's just a thief, he's a crook; I mean, he's committing robberies."

Widespread corruption?

Ramsey: Root them out

Several former or current officers have recently been accused of misconduct, including Richard DeCoatsworth, whom officials say raped two women at gunpoint; Jonathan Lazarde, who allegedly attempted to extort money from a suspect in exchange for guaranteeing his acquittal; and Jeffrey Walker, who's accused of robbing suspected dealers.

Ramsey said the conduct is damaging to the public's trust in police, but emphasized it represents a minority.

"Do I think it's systemic? No, I don't," he said. "But do I think we have rotten cops in our ranks? We do have a few, and we're going to root them out."

Quoted

"It's disappointing because it paints the entire department with a broad brush."

Ramsey

ALEX WIGGLESWORTH
awigglesworth@metro.us

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Emcee

Kevin Hart to host July 4 concert

Actor and comedian Kevin Hart, a North Philadelphia native, was named host of the Wawa Welcome America Festival July 4th concert on the Benjamin Franklin Parkway. METRO

Politics

Christie: Hold election for vacant seat

N.J. Gov. Chris Christie yesterday arranged a special election on Oct. 16 for voters to elect a replacement for Sen. Frank Lautenberg, who died Monday. His term ends January 2015.
METRO

N.J. Gov. Chris Christie
FILE PHOTO

Jan. 1

SugarHouse sponsors Mummers

SugarHouse Casino announced yesterday its title sponsorship of Philadelphia's New Year's Day Mummers Parade for three more years, through 2016, according to a release.
METRO

Love connection. Boston and Philly gorillas will mate

The Philadelphia Zoo is setting up one of its studs with a gorilla from Boston.

Kira, a western lowland female gorilla, will soon be leaving Franklin Park Zoo to make her new home at the Philadelphia Zoo for one purpose—to mate with the Philly primate and raise a family.

Philly selected Jabari, also a western lowland, out of three others here.

Meredith Bastian, curator of primates at the Philadelphia Zoo, said Kira will arrive in the next week or so, but won't be on exhibit right away.

Bastian said the curators will introduce the new gorilla to the group, and allow plenty of time for them to get to know each other.

"And only after they are very well acquainted would we be attempting breeding for a baby," she said.

The female gorillas are given contraceptives until they are deemed ready to breed. There is another female gorilla in the pack, but she is not approved for motherhood.

The male gorillas mate with all females in the group.

"We introduce them, and all three will be together, and when we're ready, the one who is recommended to breed (Kira) will not be on contraceptives," Bastian said.

Kira, who was born in 1999, was the first gorilla born at Franklin Park Zoo. On the zoo's website, Kira is described as the "peacemaker" of the Boston gorilla group.
TOMMY ROWAN

Quoted

"(Kira) has learned mothering skills by watching her own mother as well as by helping to care for her younger sisters."
Jeannine Jackle
Assistant curator of Franklin Park Zoo's Tropical Forest

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First catch of the day

Jim Litchkow, left, and Matt Bear, juniors at Drexel University, stand along the Schuylkill River yesterday in search of catfish. Litchkow and Bear took advantage of the warm day to head out to the river to fish for the first time this year.
CHARLES MOSTOLLER, METRO

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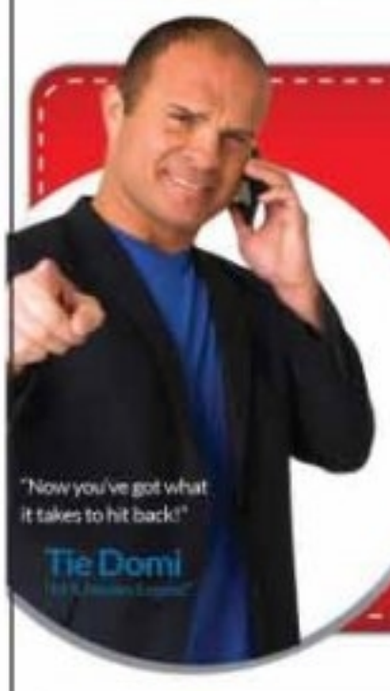

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Police: Two men charged with robbery, murder

Nabbed. The men, 22 and 20, allegedly killed a 19-year-old in East Mount Airy in May.

Police yesterday announced the arrests of two men in connection with the May 21 shooting death of Markquine Pickett, 19, on the 6900 block of Stenton Avenue in East Mount Airy.

Investigators last Thursday arrested Qurian Sullivan, 22, of the 3900 block of Fairmount Street and on Friday, took into custody Onzie Tate, 20, of the 5100 block of Parkside Avenue.

Charges

- Sullivan is charged with murder, conspiracy, attempted murder, aggravated assault, robbery, burglary, possession of an instrument of crime and firearm offenses.
- Tate is charged with murder, conspiracy, robbery and burglary.

Pickett was found shortly before 9:30 p.m. outside a Rita's Water Ice stand at Stenton Avenue and Haines Street.

He had been shot in the chest.

Pickett was rushed to Albert Einstein Medical Center, where he died a short time later.

An investigation revealed the shooting did not, as originally reported, occur outside the Rita's Water Ice stand where Pickett was found, but that he was shot on the 6900 block of Stenton Avenue and ran from the scene, collapsing at that location.

Investigators said the motive for the shooting was robbery. Both men are next due in court June 19 for a preliminary hearing. METRO

The faces of Medicaid rally in Philly

John Dodds hangs photos of low-income Pennsylvanians who lack health care at a rally organized by the Philadelphia Unemployment Project to demand that Gov. Tom Corbett accept the Medicaid expansion provided under President Barack Obama's plan. / CHARLES MOSTOLLER, METRO

Shooting

Taxi driver shot in East Mount Airy

A taxi driver is in serious condition after he was shot early yesterday during a robbery attempt on East Hortter Street about 1:45 a.m. in East Mount Airy, police said. METRO

Good eats

Eastern State offers prison food

Eastern State Penitentiary will host Prison Food Weekend this Saturday and Sunday. Guests can sample meals provided to prisoners in the jail's storied past. METRO

Convicted

Doctor given kickbacks

A federal jury on Monday convicted Huntingdon Valley doctor Eugene Goldman, who received illegal payments from Northeast Philly health care provider in exchange for referrals. METRO

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NCR-LA

Explosion. Possible natural gas blast on NY college campus

A possible natural gas explosion blew out windows of a historic building at Nyack College north of New York City yesterday, injuring seven faculty members, a Rockland County sheriff's spokesman said.

"The whole first floor got blown out — shrapnel and glass flew everywhere," William Barbera, chief of the sheriff's patrol, told Reuters.

After the explosion, which occurred at about noon, fire and bomb investigators rushed to the campus in Nyack, about 30 miles north of New York City.

Members of the Orange and Rockland Utilities Inc., which is owned by Con Edison Co., also were on the scene to shut off the gas, Barbera said. **REUTERS**

Judicial pick

Obama sets stage for Senate battle over nominees

Setting the stage for a political showdown with Senate Republicans, President Barack Obama named three lawyers yesterday to serve on a Washington federal appeals court often called the nation's second-most important court.

Senate Republicans have already objected to Obama filling the three vacant seats, saying there is no need because the court's case load is not sufficiently high. **REUTERS**

US military chiefs endure grilling over sexual assault

Chairman of the Joint Chiefs of Staff Gen. Martin Dempsey testifies with military leaders before the Senate Armed Services Committee on pending legislation regarding sexual assaults in the military. / GETTY IMAGES

Sexual assaults. The hearing comes after a wave of scandals and new Pentagon data showing a steep rise in unwanted sexual contact.

Lawmakers admonished America's leading military officers over sexual assault in the armed forces yesterday, but top brass warned against a plan in Congress to take the cases out of the hands of commanders.

The Senate hearing comes after a wave of sexual assault scandals and new Pentagon data showing a steep rise in unwanted sexual contact, from groping to rape, that have deeply embarrassed the military and prompted lawmakers to try to impose change with new legislation.

"You have lost the trust of the men and women who rely on you that you will actually bring justice in these cases," said Sen. Kirsten Gillibrand, a New York Democrat.

Sen. John McCain, a Republican from Arizona, said he could not "overstate my disgust and disappointment" over the continued reports of sexual misconduct.

The top uniformed officers of the Army, Navy, Marine Corps, Air Force and Coast Guard sat in a line, listening silently, as did the chairman of the Joint Chiefs of Staff.

They objected to Gillibrand's proposal, which would take responsibility for prosecuting sex crimes out of the victim's chain of command altogether and given to special prosecutors. **REUTERS**

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Tea Party groups emotionally describe harassment by IRS

Scrutiny. House Ways and Means Committee invited groups to speak about their experiences with the IRS.

Tea Party and other conservative groups delivered an emotional plea for Washington to rein in government overreach yesterday as they told lawmakers about how the Internal Revenue Service targeted them with relentless paperwork and intrusive questions when they sought tax-exempt status.

"This was not an accident. This is a willful act of intimidation intended to discourage a point of view," said Becky Gerritson, president of a Tea Party group in Wetumpka, Alabama.

She tearfully described how she and her husband had to seek legal counsel when confronted with questionnaires about their donors, communications with legislators and their voter education activities.

"I'm not interested in scoring political points. I want to protect and preserve the America I grew up in," Gerritson said.

Multiple congressional committees and the Department of Justice have opened probes into the matter.

They are trying to determine if the IRS had a political agenda in subjecting these groups to extra scrutiny, or if workers in the tax-exempt division chose partisan criteria as a way to cope with a flood of applications starting in 2010.

Current and former officials have defended IRS employees by saying they were given a challenging task of determining the level of political activity among 501(c)4 groups.

REUTERS

John Eastman, chairman of the National Organization for Marriage; Karen Kenney of San Fernando Valley Patriots; Sue Martinek of the Coalition for Life of Iowa; and Becky Gerritson of the Wetumpka Tea Party testify during a hearing before the House Ways and Means Committee. / GETTY IMAGES

Quoted

"This was not an accident. This is a willful act of intimidation intended to discourage a point of view." Becky Gerritson

Spending

Watchdog faults IRS over 'Star Trek' vid, conference

A government watchdog pointed to a spoof "Star Trek" video and use of luxury hotel rooms as examples of lavish spending by the IRS, adding to questions over the taxation agency's credibility.

REUTERS

Justice Department

U.S. notice to Associated Press complied with law

Prosecutors running a U.S. leak probe told the Associated Press about a seizure of the news agency's phone records within 90 days of taking the records, as it was required to do, a Justice Department official said yesterday.

REUTERS

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Judge accepts insanity plea from James Holmes

Theater shooter. The accused gunman could still face execution if convicted of killing 12 people.

Accused Colorado theater gunman James Holmes, who could face execution if convicted of killing 12 moviegoers last summer, entered a plea of not guilty by reason of insanity yesterday.

It was accepted by Arapahoe County District Judge Carlos Samour Jr. during a 90-minute hearing that capped months of legal wrangling over the consequences of an insanity defense.

The new plea, which replaced a standard not-guilty plea entered in March, requires prosecutors to prove Holmes was mentally capable of knowing right from wrong at the time of the alleged crime in order to win a conviction.

The decision to mount an insanity defense also poses potential new pitfalls for the defense, opening Holmes to possible self-incrimination because he must submit to a court-ordered psychiatric examination that might unearth damaging statements.

Legal experts say juries have typically shown reluctance to accept an insanity defense.

Holmes, 25, is charged with multiple counts of first-degree murder and attempted murder in connection with the July 2012 shooting spree in a suburban Denver multiplex during a midnight screening of the Batman film "The Dark Knight Rises."

Holmes, seated with his lawyers, said little during the proceedings, but he appeared attentive and answered "no" when the judge asked him whether he had any questions about the implications of his new plea, entered on his behalf by his defense attorney.

REUTERS

James Holmes reviews advisement paperwork with his attorney, Damiel King. / GETTY IMAGES

By the numbers

2

Twice since his arrest, Holmes has been hospitalized, once for apparent self-inflicted head injuries and again in a psychiatric ward.

Denied. Big-breasted teen couldn't get into prom without shawl

A high school senior from Washington was reportedly turned away from her senior prom because her breasts are too big.

Brittany Minder of Silverdale says she felt embarrassed and humiliated that she couldn't participate in the high school tradition. Minder was wearing a strapless dress, but school officials denied her entry saying she was showing too much cleavage.

"In my opinion, I feel that it is because I'm bigger chested and there is more cleavage that you can see, and there's nothing I could really do about that," she told KOMO News.

Minder was allowed to enter if she covered herself with a shawl.

"I felt self-conscious and they took the magic out of the night," she said. "It was tough being there after all that happened."

MARY ANN GEORGANTOPOULOS

Bad Jeeps?

Chrysler disputes recall

Chrysler Group LLC disputed a decision by safety regulators to recall 2.7 million Jeep vehicles for safety problems, saying in a statement that the conclusion is based on an "incomplete analysis of the underlying data."

The National Highway Traffic Safety Administration sought the recall to address rear impacts that could cause a fuel leak.

REUTERS

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Online-only. MTV to host music festival

Concertgoers won't have to leave their homes to enjoy the "Live Music Day Festival," the biggest online-only event of its kind, music networks MTV, VH1 and CMT said.

The 24-hour virtual concert is set to kick off at 7 p.m. on June 19. It will feature performances by more than 50 bands and artists spanning rock, indie, pop, R&B and folk. Acts include Hanson, Atlas Genius, Labrinth, Langhorne Slim and Kate Nash.

The performances, accompanied by the fan-picked O Music Awards, will be streamed live from Viacom's offices in New York, Nashville and Los Angeles. The Roots drummer Questlove will provide beats during the festival in a 24-hour "drum-a-thon."

Viewers will be able to watch the entire show via computers, laptops, tablets and smartphones. They also have the option of selecting only what they want to see. **REUTERS**

Quoted

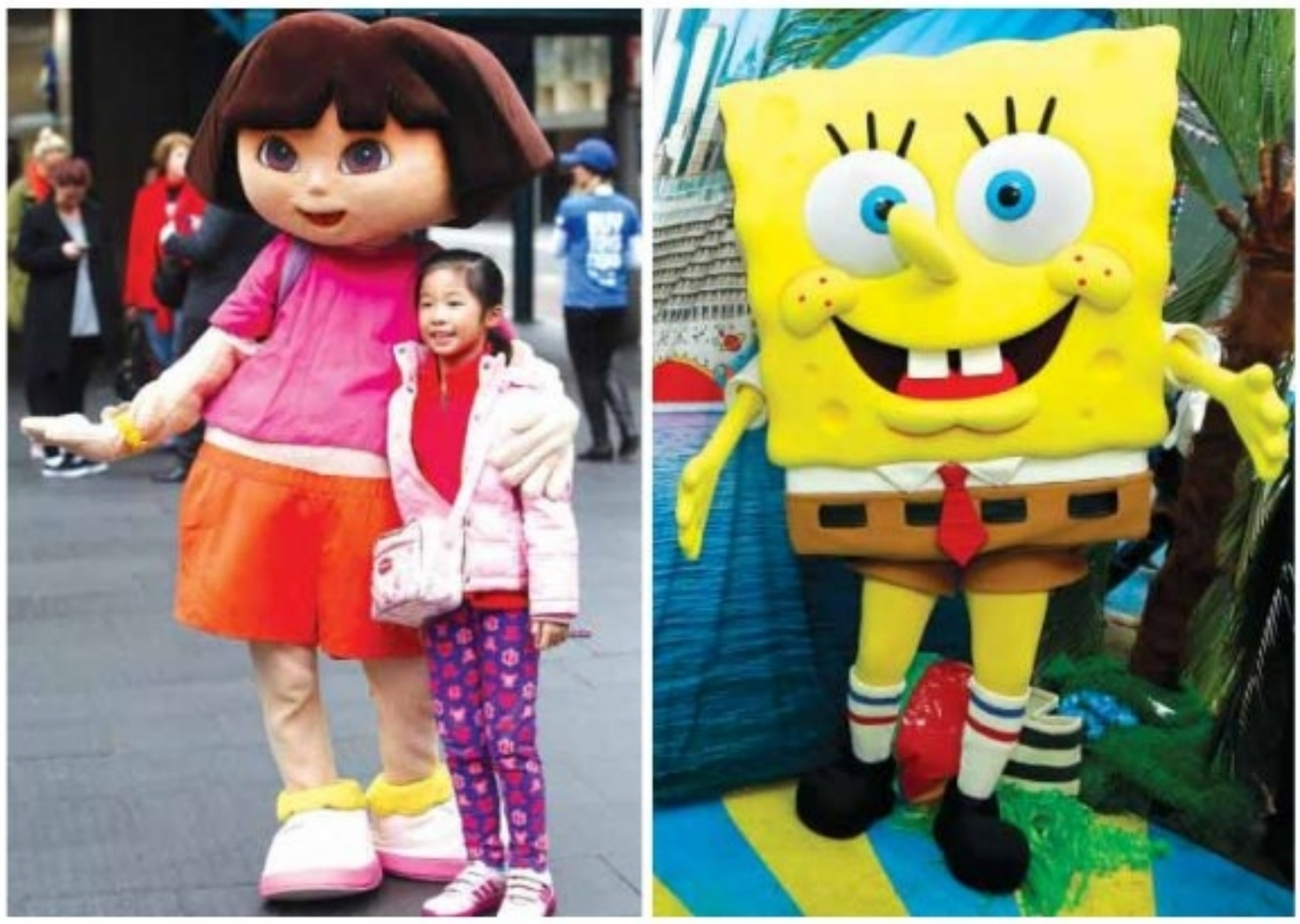
"We've created the first-of-its-kind music festival that's both connecting artists and fans and allowing them to participate in the awards and festival."

Dermot McCormack, head of connected content for Viacom Music

Categories

Categories in the third annual O Music Awards include:

- Best Web-Born Artist
- Fan Army FTW (For The Win)
- Must-Follow Artist on Twitter



Amazon writes huge check for Dora, SpongeBob

Amazon.com wrote its largest-ever check for a subscription-streaming deal, securing hundreds of mostly childrens' TV programs from Viacom for its Internet video service and ratcheting up pressure on rival Netflix. Amazon's deal with Viacom gives the world's largest Internet retailer broader access to hit shows including "Dora the Explorer" and "SpongeBob SquarePants." Netflix had previously conceded that losing access to those shows would be a blow. Amazon agreed to pay more than $200 million to Viacom for the license, its largest subscription-streaming transaction ever, a person familiar with the deal said. **REUTERS** / GETTY IMAGES

Weight Issues Outweighing What's Good In Your Life?

Georgette B., Hamilton, NJ
Gastric Bypass Patient

Bariatric surgery may be the answer.

"Having bariatric surgery was like going through a break-up. Eating was my best friend. Fortunately, I met some new people – Jefferson's Bariatric and Metabolic Surgery team. The unique way Jefferson's medical and surgical weight management experts collaborate, they've helped me lose 107 pounds and counting. And it wasn't just the minimally invasive surgery that did it. The team at Jefferson was so supportive, even to this day, I pretend Dr. Tichansky, Alise and Michelle are standing behind me when tough choices come my way. Because my old friend, food, will always have its charms. But my new life is even more tempting."

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2 CULTURE

Twitter feed

We check in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Channing Tatum is a proud father and Dwayne Johnson is making references even he doesn't understand.

@channingtatum: And baby makes three...

@TheRock: AM cardio. Sweatin' like there's a hell hound on my trail. (don't know what a hell hound is but it's a cool Clapton song).

Carmen Electra is a hot Grecian goddess at 'This Is the End'

Whatever Carmen Electra is doing to keep looking so fabulous at 41, I want tenfold. The actress sexed up the red carpet at the premiere of "This Is the End" on Monday in Westwood, Calif. / GETTY IMAGES

THE WORD

Dorothy Robinson takes on the world of gossip.

DOROTHY ROBINSON
@dorothyatmetro
dorothy.robinson@metro.us

Franco: Full of hot, hot, steamy air

Despite his universal sex appeal, James Franco keeps up one bad habit: "I don't do it in public, but when I'm at home in bed, I'll fart," he revealed in the new issue of Rolling Stone. "And on a plane, I'll let it go! On a plane nobody can hear you fart."

Eh, whatever. I bet his farts still smell hot.

Hewitt announces first pregnancy

Jennifer Love Hewitt is expecting her first child with her Lifetime co-star Brian Hallisay. "We're so thrilled and happy to start a family," she told Us Weekly in a statement.

So what do we know about the parents-to-be? They first met on the NBC series "Love Bites," but really started dating after meeting on the set of their new Lifetime show, "The Client List." They've been dating for 15 months; Hewitt is reportedly around three months along.

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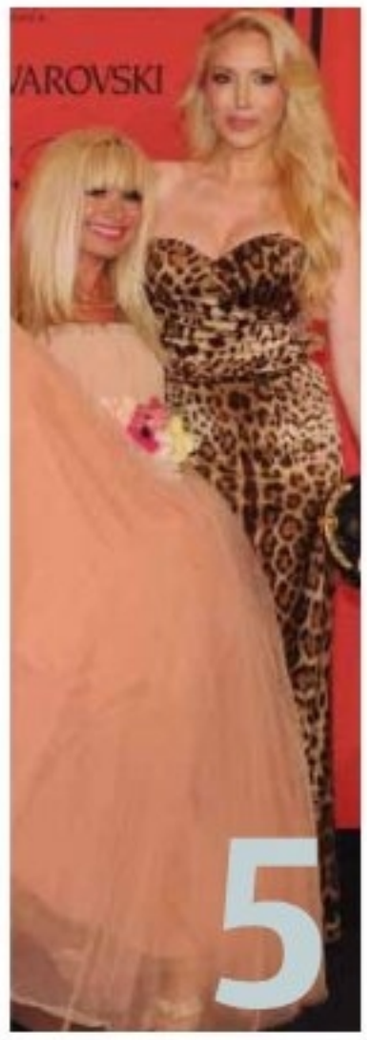

The Word. Looks from the 2013 CFDA Fashion Awards red carpet

1. Sofia Vergara

The actress stunned in this emerald Herve L. Leroux dress topped off with a 400-carat emerald necklace by Lorraine Schwartz. The annual awards show, held this year on Monday in New York, celebrates the Council of Fashion Designers of America.

2. Zachary Quinto

The dapper "Star Trek" actor donned this sharp, custom-made gray Todd Snyder tuxedo to Monday night's party.

5. Mom and daughter

Betsey Johnson and daughter Lulu Johnson cat-walked the red carpet.

3. Kerry Washington

The "Scandal" star wore this yellow satin gown from the Jason Wu Resort 2014 collection.

4. Sisterly love

Fashion mavens Elizabeth and Mary-Kate Olsen popped up in their typical dark garb.

GETTY IMAGES

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‘It’s almost like I’m a virgin’

Punk rock. The Stranglers return to the States for the first time in almost 20 years.

During our conversation with Burnel, he asked with fondness, “Do you know, remember or have you heard of The Rat? Is it still going? Because that is the very first place we ever played the first time we played America.” We had to break it to him gently that the fabled Boston venue, officially called The Rathskeller, closed a few years before the new millennium. / HIGH RISE PR

While punk rock veterans and astute audiophiles are no strangers to the Stranglers’ pedigree, the band feels as though they’ve never received their due respect in America — to the point they even started ignoring us.

Their new record, “Giants,” was released in the U.S. this week, but it has already been out in Europe for a year. And their North American tour, which starts next week, will be their first in 17 years.

“We didn’t consider releasing it in the States until people asked us if they could release it,” says bassist/singer/founder J.J. Burnel. “We’ve been offered a few tours, but we didn’t feel like it. For once, we’ve accepted. It’s not the be-all end-all, you know, but we’re very excited to come over to the other side of the pond.”

If the Sex Pistols gave a snarling face and attitude to the genre while The Clash and Ramones would go on to define its boundaries of sound, the Stranglers’ legacy lies in their longevity and diversity. They preceded the previously mentioned bands, and their music never stopped — it only progressed.

If you go

The Stranglers

with Residuels, Mike Marlin
Tonight, 8:30
Union Transfer,
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www.utphilly.com

“The term [punk] is interesting because it has meant more for us over the years,” notes Burnel. “The first time I heard it used was in 1975, and it was still a bit of a broad church. But the term quickly got ambushed by fundamentalism, and it started to describe a much narrower field than I was able to accept. Joe Strummer of The Clash used to come see us regularly when he was still in a rhythm and blues band — and certainly the Pistols were coming to see us before they started their band. I’m not sure if we really subscribed to their philosophies, but we were slightly ahead of the game, and of that whole generation of bands, we were definitely the first. We just didn’t do the big American thing. That wasn’t our agenda.”

With a career spanning 17 records and closing in on 40 years, perhaps the term “punk” is just too simplistic and vague to describe the band’s vast catalogue. Their sound has always been far more complex and diverse than the three-chord, two-minute anthems of their contemporaries. With classics as disparate as the bass-heavy rumble and crass spoken-word “Peaches,” to their sinister harpsichord waltz, “Golden Brown,” the Stranglers never subscribed to a specific attitude or formulaic sound.

“The Stranglers have always written about the world that we live in. If the world was just a bedroom where I was f—ing, or a blingy thingy, it would be appropriate that way. But we have a ‘world view.’ We try to stay informed and have an opinion and try to approach it in terms that people will listen to it. This last album had the best reviews in our history, and last year we played maybe 20 countries. The fact that it’s taken all this time for the U.S. to seduce us back is more a reflection on you guys than with us, to be honest. ... It’s exciting, and it’s been so long now, it’s almost like I’m a virgin.”

Q&A

On their legacy ...

What do you think the Stranglers’ legacy is and will be?

Well, that’s what the French call “nominalism” or “belly-button-ism.” It’s something that I really don’t spend any time thinking about. But it is perhaps something that journalists and commentators will mire over and talk about if we’re lucky. But we’re still alive and kicking, so the legacy can wait a bit longer.

NOLAN GAWRON
letters@metro.us

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TV watch list

REALITY

'Most Likely To...'

This is the opening episode of a new true-life series about promising high school kids whose adult lives took "sinister turns." So it's kind of like our H.S. football captain who is now working at a gas station? WHO'S LAUGHING NOW, BRAD? (No, this show is about murder and intrigue, not peaking at 18.)

9 P.M., ID

The CMT Music Awards are finally happening. Calm your horses.

GETTY IMAGES, CMT

COMEDY

'Pregnant and Dating'

This is the opening episode of a show about single pregnant ladies trying to date. Because dating these days isn't fraught with enough drama without a fetus swimming around inside you. **10 P.M., WE**

REALITY

'CMT Music Awards'

This is like the MTV Video Music Awards, but with more cowboy hats. Hopefully Justin Bieber gets caught on camera rolling his eyes at Taylor Swift from the audience. **8 P.M., CMT**

PRE-SHOW

'CMT Music Awards Red Carpet'

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Former "E.R." star Noah Wyle returns to TV with "Falling Skies."
WIREIMAGE

On parenting during an alien invasion

Interview. Noah Wyle talks about the differences between "E.R." and his new show, "Falling Skies."

With the third season of "Falling Skies" starting this week, star Noah Wyle is remarkably candid about the hit sci-fi series' strengths and weaknesses. "I don't think there's anybody involved with this show that's more objective about it than I am, that is willing to point out its faults as well as its assets," says the former "E.R." star. He also says he's learned a lot of lessons about parenting during an alien invasion that can be applied to today's parenting.

After three seasons, do you think "Falling Skies" has found its footing?
This is a weird show in that I still don't feel like we've reached our full potential, because every year we do something that kind of hobbles us. And yet they turn out pretty well. I'd be really curious to see what we'd be able to accomplish if we didn't stand in our own way so much.

How do you mean?
Everything from scheduling to how much time we get scripts beforehand to casting. Maybe I'm spoiled, because by the time "E.R." was off the air it was such a well-oiled machine that it just ran so smoothly. But for example, last season they wrote this wonderful role for a guest star, for a woman who was a pilot. You could've cast anyone from Kathy Bates to Alfre Woodard — and we went after both of them to do it — but it took a long time to pull the trigger on making those offers. The breakdowns didn't go out until a week or 10 days before the episode started shooting, so you have one shot, basically, and if they say no then you're scrambling. And if you scramble too much, then you're going to run into a visa issue bringing in an American actor to Canada. And as a result, you cast locally and a part that could've been really great, you end up whittling down to very little on the show, which is an unfortunate side effect.

Quoted

"I'd be really curious to see what we'd be able to accomplish if we didn't stand in our own way so much."
Wyle on doing a show that hasn't yet reached its full potential

Your character's had three sons throughout all of "Falling Skies," and now there's a new addition. What have you learned about parenting during an alien apocalypse?
The tension that exists is ever-present. We could all be attacked at any moment. Their own longing to be autonomous and independent is going to foster this real push-pull ambivalence about how

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The Dept. of Labor Projects That Employment of Social & Human Service Assistants is Expected to Increase

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* Source: Dept. of Labor 3/29/12

"I like working with people and wanted to gain more knowledge of the Human Services field," said Martina Lucas, a Germantown, Philadelphia resident and graduate of Orleans. "The instructors at Orleans are great, and the program gave me the boost to go onto college." Graduates of the program can transfer credits toward a degree in social work or related field at two area universities.

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Noah Wyle goes astride a horse with a semiautomatic weapon on "Falling Skies." / JAMES DITTIGER

to parent them. In the beginning it was all about giving his youngest son some semblance of a childhood in the context of this horrible situation. And then at the end of the second season and the beginning of the third, his new philosophy is that the kindest, most responsible parenting philosophy he can espouse is to arm his kids and train his kids and hope that they can defend themselves.

That's an interesting parallel to the backlash that's been going on about over-protective parenting. The everybody gets an A thing? As a parent of two kids, I walk that line. In a lot of ways the filters that protected kids from the more mature aspects of our society are no longer there. You can turn on a TV just about any hour of the day and see just about anything under the sun. You can download anything from iTunes, you can see everything from graphic violence to sex in a video game. It's tough to be a parent these days and to try to allow access to all these different things at an age-appropriate level — especially when you're competing against other parents that don't think the same way you do. You're up against, "Well, Bobby gets to watch it" and "Cindy gets to see it." So on a relative scale, I can appreciate what Tom's dilemma is, about wanting to allow kids to be kids for as long as they possibly can because that time is getting shorter and shorter.

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JULIE DELPY

The "Before Midnight" star dishes on the secrets to sustaining a tiny film series.

FRANCHISES, INDIE-STYLE

Julie Delpy has developed quite the professional relationship with co-star Ethan Hawke and director Richard Linklater. Every nine years, they re-team for another look into the lives of Celine and Jesse, the lovers we met 18 years ago on a train to Vienna in "Before Sunrise" and saw again in Paris in 2004's "Before Sunset." The latest, "Before Midnight," finds them together — and debating where their relationship goes from here. Delpy helped clue us in to some of the secrets of their quiet franchise.

There's no one side for the audience to route for: "Here, there's no bad guy, but they still have to make compromises — and what compromise might jeopardize their relationship, their love?" ponders Delpy. "It's all about finding the right road. When you have a long-term relationship, you have to make choices. Actually, their relationship started with a choice that Jesse made, which was to follow his heart, but that comes with consequences. The film starts with the consequence of that choice. We find them in a situation where they have to make a choice again, and it might jeopardize their entire life. That's the life of a relationship."

It's not a chick flick: "It's very important that it's balanced female and male, that it's not a macho movie or a feminist movie with a meaning or anything," explains Delpy, who also co-wrote the script with Linklater and Hawke. "And that's our goal, actually, to make sure when we write this that it's neither macho or feminist. She doesn't hate men."

The emotional scenes are just more fun: "It's pleasurable for an actor, believe it or not, to cry, to suffer. It's a pleasant thing," she admits. "When you see someone on camera crying or being hurt, they're actually enjoying it. [Laughs] But actually what's most painful is the simple things. That's the hardest thing to find as an actor. Obviously it is draining as an actor to do scenes where you're emotional, but there's a certain pleasure to it. I can't explain it. Or maybe I'm weird — I don't know."

She knows everything they've been doing between movies: "We have to think about their backstory every time we start to write one line on the screenplay," Delpy says. "You can't start writing without knowing everything about what happened in between. I wouldn't say Celine lives with me 24/7, otherwise I'd be crazy — like there's a bunch of people in my head. [Laughs] Truly we let go of them, but then when we get back to working on those films, it's a tremendous amount of homework of figuring out what happened during those nine years. And you can't even write a line of screenplay on those films without having done those first. But we have the luxury of time, that we have nine years between films."

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Now, how about the next movie?

As for where Celine and Jesse will be in nine years, "I don't know yet," Delpy says.

- "I have no clue. We actually don't think about the future — that's how we operate on these films. We don't want to think about the fourth. We might not even do a fourth, this could be it. We made three — that's a lot already."

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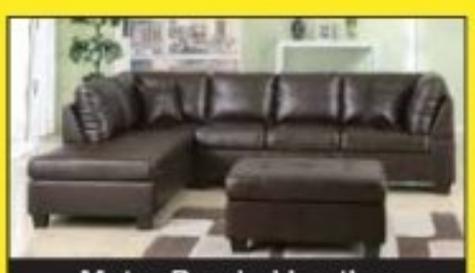
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Book nerds and beer geeks unite for Browse and Brews

Beer Week. The Free Library is hosting a sudsy evening.

Learn about the history of local beer makers, like the 19th-century brewery Schweitzer and Grim, at "Brewed in Philly." / FREE LIBRARY OF PHILADELPHIA

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Ben Franklin was quite fond of beer. After all, he was famously quoted as saying, "In wine, there is wisdom, in beer there is freedom and in water there is bacteria."

Now, one of his most lasting legacies is taking his words to heart. The Free Library of Philadelphia, in conjunction with the Raven Society, is hosting "Browse and Brews" tonight, as part of Philly Beer Week.

The Raven Society organizes happy hours, book swaps and offbeat programs aimed at the Free Library's younger supporters, usually in their 20s and 30s. It draws on that group's thirst for knowledge — and alcohol.

The library will close its doors to the public at 6 p.m. and invite ticketed visitors inside to indulge their minds and their palates in an event dedicated to uniting beer geeks and book nerds.

Four local breweries — Philadelphia Brewing Company, Yards, Manayunk Brewing and Saint Benjamin Brewing — will pair specialty brews with appetizers prepared by Diverse Catering.

"We're hoping to showcase the cool things that people in Philly are doing with beer. We didn't give them any requirements," says Kayleigh MacPherson, 26, of the Raven Society. "Two things that don't normally go hand in hand are beer and the library, but this works, and it's very exciting for us."

The event will also include a viewing of the Free Library's "Brewed in Philly" exhibit, as well as a Q&A session with noted beer historian Rich Wagner.

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Concert. After 40 years, the band reunites for "Once Upon a Dream."

Dino Danelli, Felix Cavaliere, Eddie Brigati and Gene Cornish of The Rascals have reunited, thanks to Steven Van Zandt, center. / THE HARTMAN GROUP

A young Steven Van Zandt and Bruce Springsteen, who didn't know each other at the time, went to see The Rascals at a roller rink on the Jersey Shore in the summer of 1966.

The show made quite an impression on the future E Street Band members.

The Rascals "were absolutely amazing, and it was one of the most inspiring performances of my life," Van Zandt says. "It stayed with us — half rock, half soul — so we trace our roots very much to them."

Now, after more than 40 years apart, the original Rascals — Felix Cavaliere, Eddie Brigati, Gene Cornish and Dino Danelli — have reunited for a theatrical concert, "The Rascals: Once Upon a Dream." The show, which sold out a Broadway run earlier in the spring, comes to the Academy of Music tonight.

Van Zandt, the co-producer, co-director and writer of the show, had tried to reunite the Rascals for 30 years.

"They're very idealistic guys," he says. "There's been a lot of money thrown at them, and they turned it down, and finally it came down to this idea, and I think it appealed to them."

"I wanted the show to be a great concert, but I wanted to re-establish the legacy, re-establish the history and the identity of the band. People need to be reminded, and you can't blame the public when you're gone for 40 years."

When they formed in 1965, The Rascals were part of America's answer to the British Invasion, with hits including "Good Lovin'," "Groovin'," "People Got to Be Free," "A Beautiful Morning" and "How Can I Be Sure." The group, now in the Rock and Roll Hall of Fame, expanded the scope of the era's rock-pop sound with elements of soul, jazz and the use of complex arrangements and instrumentation.

In "Once Upon a Dream," the band plays more than 30 hits, augmented by a few backup musicians and singers and a 50-foot-by-25-foot LED screen, which illuminates the songs and the story of the band.

In New York, Brigati's "How Can I Be Sure" was a showstopper.

"I want people leaving feeling elated, with a sense of inspiration and motivation and a certain optimism that you can't come by too easily these days," says Van Zandt, who is currently on tour with the E Street Band in Europe. "I'm very proud that people are leaving the show feeling that anything is possible."

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"The privilege and power of growing your own food is you get to be the person who keeps amazing heirloom seeds out in the world," says Novak. / PROVIDED

More from Novak

Annie Novak is one of three gardening experts teaming up with Mrs. Meyer's Clean Day for their Grow Inspired program. This month, watch a short film series dedicated to outdoor living and learn more about her efforts by logging on to www.mrsmeyers.com.

Living. Annie Novak gives us the dirt on starting our edible garden.

Your lack of closet space certainly hasn't stopped you from shopping. So why let your lack of outdoor space stop you from enjoying sweet pleasures such as fixing dinner with sprigs of basil from your own window box? Annie Novak, urban farmer extraordinaire — she's the co-founder and farmer of Eagle Street Rooftop Farm, a 6,000-square-foot organic vegetable farm in Brooklyn, N.Y. — shows us how to get started.

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First you need

The three essentials

1 SUNNY SPOT: "Regardless of your space, it's light that plants need to grow," says Novak. "That's how they make food."

2 DEEP POT: "For balcony gardening, the first thing that people need to know is that plants ideally live in about 18-inch-deep soil," says Novak. "So you don't want to grow stuff in a yogurt container. You want to get a proper pot. The shallower the vessel the more evaporation and moisture loss in the soil, and the more stressed out the plants roots will be."

3 GOOD DIRT: "Buy a potting soil that has a compost blend in it," says Novak. "I do not recommend chemical fertilizers in your potting soil for the very simple reason that it's like having a cup of coffee — it gives you an energy boost for a minute and then after that you crash." Novak says key words to look for when buying your soil are: "compost, humus and any product that comes from the ocean." She says, "A lot of bags will say, 'has seaweed in it' or 'enriched with lobster meal.' Almost any of those are going to be really good fertilizers that are added naturally to your soil."

Next, pick your crop

Once we have our sunny spot, good soil and a deep pot, what are some easy vegetables to start off with?

"Tomatoes are not! I find it fascinating that people always plant tomatoes because tomatoes are actually more prone to bad care," Novak says. "If you're a first-time gardener, it's not an easy crop to take care of. I hear so many complaints from people who are like, 'My tomatoes never make tomatoes!' And I say, 'Yeah, well, there are nine things going against you.' This is the logical way to think about it. The first thing all plants do is grow a root, and then they grow two leaves, and then after that they start growing more leaves. And once they have enough leaves and sunshine, then they're like, 'OK, we're set with our sugar, let's make flowers, fruits and seeds.' So if you're an apartment gardener and you're growing in a stressed environment, you want to grow plants where you eat the leaves, because plants are going to foliate no matter what you throw at them."

New to gardening?

Novak recommends growing:

- Basil
- Mint
- Kale
- Lettuce
- Chives: "I'm a big fan of chives. It's really hard to kill them," she says. "When you cut them all the way back they just come up really thick all over again, and the flowers are delightful."

If you're growing herbs, try a different variety, like spearmint instead of regular mint, says Novak. GETTY IMAGES

PLUS

Tips

Start with seeds

"One of the best reasons to grow your own food is so you can grow a purple carrot instead of an orange carrot," says Novak. "I like to grow things from seeds, because when you buy the seed package you're choosing from a much larger range of varieties, like 13 kinds of mint, which is exciting. In the food we eat, we're losing so much diversity — and it sounds cheesy, but the privilege and power of growing your own food is [that] you get to be the person who keeps these amazing heirloom seeds out in the world."

Be responsible

"If you have a terrace or a balcony, make sure that anything you put out there is heavy enough and positioned enough so that it will never fall off," she says. "With a rooftop ... you need to have safe access, you need a parapet that's the right height and then containers that are big enough that they won't blow off the roof."

Tomato fever

"If you are fixated on tomatoes, start with cherry tomatoes," she says. "There's one variety called sun gold. It's a beautiful tomato, it's one of my favorites for gardening with kids."

New life for old building in South Kensington

Oxford Mills will feature 114 one- and two-bedroom apartments. / D3 REAL ESTATE DEVELOPMENT

Apartments.
Teachers get a discount on rent at Oxford Mills.

The former Quaker City Dye Works at Front and Oxford Streets — which sprawls out into two buildings — is getting a second crack at life as Oxford Mills, a 114-unit affordable-housing apartment building with commercial space for nonprofit organizations. Educators are eligible for a 25 percent discount on rent.

Perhaps it's no surprise that the community-oriented project is in South Kensington, just above all the hubbub where Fishtown meets Northern Liberties. For years now we've watched that area become more developed and more welcoming to artists and other creative types and, along with that, more popular with renters and first-time buyers willing to bring money into the neighborhood. The change is pushing out in every direction, and now it's South Kensington's turn to get a makeover.

"We're basically breathing new life into [the buildings] from top to bottom," says Gabe Canuso of D3 Real Estate Development, who's transforming the property with his business partner, Greg Hill. "We're trying to keep as much of the historic fixtures as we can, like the floors and the walls," he says. But aside from some of the structure staying intact, the whole project, down to its inspiration, is something new.

According to Canuso, it's the "brainchild" of Donald and Thibault Manekin of Seawall Development in Baltimore. The father-son team is responsible for Miller's Court and Union Mill — both are in Baltimore and function as residencies that provide discounted rent for teachers and space for nonprofits. "The goal is to help teachers," Canuso says, "but in addition we're working with nonprofit tenants to minimize how much they spend on amenities. There are three communal conference rooms that tenants can sign out and use when needed, rather than each organization having a private conference room — which is just more space to pay for." One notable tenant will be Teach for America, which will call Oxford Mills home to their regional headquarters.

"They wanted to take this model to Philadelphia," says Canuso of the Seawall team. We can expect to see the building come to life when it opens its doors next summer.

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Residents will get outdoor space in the form of a courtyard.
D3 REAL ESTATE DEVELOPMENT

Oasis

The details

Between the two brick buildings is an old cobblestone street that D3 aims to revitalize and turn into an "urban oasis." Along with that, each building will have its own courtyard for outdoor eating and lounging. Inside, the one- and two-bedroom apartments come as standard one-level units or bi-level lofts.

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5 Silver screen sunglasses

Sunnies are shaping up for a celluloid summer with a range of trends that dovetail with some of Hollywood's newest and oldest hits. We look at how you can shop the most fashionable movies frame by frame. **RICHARD PECKETT**

1 The film: 'The Hangover Part III'

The look: Phil (Bradley Cooper)
The frames: Ray-Ban Aviator large metal II, $145, www.ray-ban.com

5 The film: 'Reservoir Dogs'

The look: Mr. White (Harvey Keitel)
The frames: Lanvin black acetate sunglasses, $341, www.matchesfashion.com

2 The film: 'The Great Gatsby'

The look: Jay Gatsby (Leonardo DiCaprio)
The frames: Bottega Veneta round-frame sunglasses, $480, www.mrporter.com

3 The film: 'Natural Born Killers'

The look: Mickey Knox (Woody Harrelson)
The frames: Vintage surplus color round sunglasses, $33, www.urbanoutfitters.com

4 The film: 'Public Enemies'

The look: John Dillinger (Johnny Depp)
The frames: Quay Eyewear round sunglasses, $31, www.asos.com

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App Appeal

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Systems: iOS
Price: Free
Genre: Dining, boozing

Yelpers can be terrible: Uninformed, shortsighted, obsessed with how they're treated over how they're fed. The digital world doesn't need another restaurant app — or maybe not just one run on the word of everyday patrons. Enter Find. Eat. Drink., which is fueled by those in the know — chefs, bartenders, sommeliers. Wondering where Annisa's Anita Lo or Le Bernardin's Eric Ripert eat in New York? Or where Jose Garces gets his dim sum in Philadelphia? Or which restaurant lifers go to the Lower East Side's Mission Chinese once a week?

See chefs' favorite spots. / PROVIDED

FED is already running in cities all over the United States, as well as in parts of France and Spain. Its list of informers is a nice mix of the obscure and the world famous. (They've yet to recruit Mario Batali, although he pipes up about food and drink enough already.) Of course, you still have to take recommendations with a grain of salt (sorry). Restaurateurs aren't always the most objective when it comes to talking about friends (albeit talented ones). And they aren't always the most eloquent writers. Sometimes you're just stuck with Marcus Samuelsson saying, of Little Italy's Banh Mi Saigon, "I love their banh mi sandwiches" — although that's probably all that needs to be said.

Grade: Fairly indispensable

Less serious.

iSwap Faces

Systems: iOS
Price: $1.99
Genre: Photo aftereffects

There's a scene in the almost certainly forgotten film of Michael Crichton's "Rising Sun" — that's the one where Sean Connery and Wesley Snipes stoke then-fears about Japanese businessmen taking over America — where a techie takes a video of Connery and Snipes and swaps their faces. Magic! And because this is the future, anyone with a spare $2 can do almost the same thing on their phone.

With iSwap Faces, users can take a photo and easily move one face over to another. It's not a sloppy, unsightly app, either: The juxtaposition is scarily smooth, thanks to the ability to customize the size of each face, and then fine tune it so that friends, family or strangers look like horrific freaks. A fine time-suck will get even better once people start applying it to historical photos of famous people. Forget embarrassing your friends — just wait until someone puts Joe DiMaggio's face on Marilyn Monroe's body, and vice versa.

Here's a horrific image made with "iSwap Face." / MASHABLE

Grade: Amusing

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Photography

This sensor may make camera flashes redundant. / MASHABLE

New camera sensor eliminates need for flash

No flash? No problem. A new imaging sensor could soon make it possible for photographers to take clear, sharp photos, even in dim lighting.

Created by a team of researchers at Nanyang Technological University (NTU) in Singapore, the new sensor is highly sensitive to both visible and infrared light, which means it could be used in everything from the family Nikon to surveillance and satellite cameras.

The inventor of the new sensor, Wang Qijie, an assistant professor at NTU's School of Electrical and Electronic Engineering, said this is the first time that a broad-spectrum, high photosensitive sensor has been made using pure graphene.

Wang said the key to his new sensor is the use of "light-trapping" nanostructures that use graphene as a base. The nanostructures hold on to light-generated electron particles for much longer than conventional sensors.

This results in a stronger than usual electric signal, which can be processed into an image, like a photograph captured by a digital camera.

Most of today's camera sensors use a complementary metal-oxide semiconductor as a base. But Wang said that his graphene base is far more effective, producing clearer, sharper photos.

If the industry chooses to adopt his design, Wang said it could lead to cheaper, lighter cameras with longer battery lives for all.

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What you should know about GMOs

Health. It's a controversial topic. Here are the facts.

It's hard to get 91 percent of Americans to agree on anything, but one thing 91 percent of us do agree on is that genetically modified foods should be labeled as such. Genetically modified organisms (GMOs) are crops made with DNA from foreign species — think taking DNA from an eel and inserting it into salmon to make it larger (which, by the way, is a reality today).

Genetically engineered crops have been in the U.S. since the mid-1990s, says Britt Lundgren, the director of Organic & Sustainable Agriculture at Stonyfield Farm, Inc., which is behind the Just Label It movement to create a label similar to the organic label for GMOs. What started as a means of enhancing crops like corn, cotton, soy and canola in the U.S. is now the way the majority of some crops are produced. For example, 93 percent of the soy that we grow now is genetically engineered, as is 90 percent of our corn. "We're really heavily investing in this without letting folks know that this is a part of their diets," Lundgren says.

Detractors of GMOs argue that their health risks are not known to us. "If you're allergic to eel and you eat this [genetically modified] salmon, are you going to react?" asks Lundgren. Though the FDA argues that genetically modified products are safe to eat, others beg to differ. Bt toxin, an insecticide in some GMO corn, has shown up in the bloodstreams of 93 percent of pregnant women and 80 percent of their fetuses.

But some think GMOs aren't all that bad. The biotech industry claims that genetically engineered foods help feed the world and reduce hunger. And some scientists aren't convinced that the health risks are very dangerous.

"Genetic engineering is not all that different from conventional plant breeding," says Dr. Walter De Jong, an associate professor of plant breeding and genetics at Cornell University. He says that when crops are conventionally bred, they undergo a great deal of change anyway. "There is this widespread concern that [adding] a gene by genetic engineering is really messing with nature," he adds. "In terms of the scale of what's happened, the amount of change that we've introduced, it's quite small."

More than 60 countries currently ban or mandate genetically modified foods. / DIGITAL VISION

How to spot a GMO

- **Check the label.** "The organic regulations prohibit the use of GMOs, so anything with an organic label will have been produced without GMOs," Lundgren says.
- **Check the number.** Is your produce's sticker a five-digit number starting with eight? It's a GMO. Four-digit numbers mean a product was conventionally made. Five-digit numbers beginning with nine mean it's organic.
- **Check the logo.** Look for a little butterfly symbol on packaged foods — it's the mark of the Non-GMO Project, a third-party verification system.

Labels

Don't want 'em? Sign the petition

The Just Label It petition launched in 2011 to push the FDA to identify GMOs like they already do organic products. Since its creation, over 1 million Americans have signed the petition letter urging leaders to make a change. You can learn more about why celebs like Michael J. Fox and Chevy Chase are involved in the cause, and sign the petition yourself, at www.justlabelit.org.

And in terms of health risks, he says that "the biotech industry is well aware" about allergen concerns, and that safety testing is done to determine potential allergen introductions. "After that," he adds, "the concerns about safety are almost for the most part not supported by mainstream science."

Some retailers are starting to make changes so that their consumers know just what it is they're buying. Whole Foods recently announced that by 2018 they will require labeling for all foods in their stores. And Whole Foods, Trader Joe's and Wegmans agreed to not carry the aforementioned genetically engineered salmon.

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Today in medicine

Asthma's effects on pregnancy

Location of study: Australia
Study subjects: Data
Results: New data published in the journal Respirology state that women with asthma are likely to experience more asthma severe symptoms if they become pregnant. Researchers looked at reduced immune and enhanced inflammatory responses to viral infections in asthmatic pregnant women, which continued six months after they gave birth. They found that cells were less able to initiate an immune response to combat the virus.
Significance: A healthy immune response is especially crucial during pregnancy. The indication of this study is that both mother and child are at greater risk of health problems when the mother has asthma.

Post-heart attack health risk

Location of study: U.S.
Study subjects: Data
Results: Columbia University Medical Center researchers found that patients with post-traumatic stress disorder following a heart attack are at higher risk of further cardiac arrest or death if they suffer from sleep problems. PTSD is a common condition following a heart attack — 1 in 8 survivors has it.
Significance: Heart attack survivors who suffer from PTSD may have double the risk of another cardiac episode, or of dying within one to three years, compared with those without PTSD. Sleep deprivation heightens the risk.

Going veg? It could prolong your life. / LIFESIZE

Vegetarian diets and reduced death rates

Location of study: U.S.
Study subjects: More than 70,000 men and women
Results: In a study from Loma Linda University published online by JAMA Internal Medicine, vegetarian diets were associated with study subjects who lived longer.
Significance: Vegetarian diets have in the past been associated with a reduction in chronic illnesses such as hypertension and metabolic syndrome.

A natural STD defense

Location of study: New Zealand
Study subjects: Lab study
Results: According to a study in the journal Sexually Transmitted Infections, women have a natural bacterium that fights against one of the most common sexually transmitted infections in the world, trichomonas vaginalis. This parasite can cause trichomoniasis, a painful infection with itching and a discharge. The study, by researchers from the University of Auckland, looked into the role of lactobacilli in preventing the infection from binding to vaginal cells and causing full infection.
Significance: Reportedly, trichomonas vaginalis infects about 174 million people around the world annually. LINDA CLARKE

Health note

How lemonade can save the world

Your favorite summertime drink can do a lot more than quench your thirst. Alex's Lemonade Stand, which raises funds to fight pediatric cancer, is holding its nationwide fundraising days this weekend in an effort to raise $1 million. You can sign up in advance at www.alexslemonade.org to join in this year's efforts, or search the website for a sale being held near you. Country Time Lemonade is getting in on the action: For every lemonade stand photo uploaded to its Great American Stand-tacular's Facebook page, County Time will donate $5 (up to $50,000) to Alex's.

And you don't even need to whip up a batch of the good stuff to do good this summer: Ultimat Vodka has teamed up with Action Against Hunger for a campaign straight through your smartphone. Through Aug. 20 — National Lemonade Day — Text LEMONAID (50555) to donate $5 to the charity. MEREDITH ENGEL

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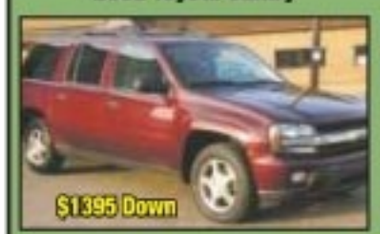

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GUILT-FREE SUMMER BURGERS

Now that barbecue season is in full swing, I'm sharing some of my favorite summertime burger recipes that'll help keep you in shape for your favorite skin-bearing outfits. Say adiós to marbled, fatty beef burgers and give these mouth-watering alternatives a try instead. Bon appétit!

1 Caprese Chicken Burgers

Makes 4 servings

Ingredients:

- 1 pound ground chicken breast
- ¼ teaspoon kosher salt
- ¼ teaspoon ground black pepper
- 1 minced garlic clove
- 4 teaspoons pesto
- 4 slices fresh mozzarella cheese
- 4 slices tomato

Preparation: Combine the ground chicken breast with the salt, pepper and garlic. Shape the mixture into four patties and grill approximately five minutes per side. Top each burger with 1 teaspoon pesto, one slice mozzarella and one slice tomato.

Nutrition per serving: 205 calories, 30 grams protein, 3 grams carbohydrates, 0.5 grams fiber, 8 grams of fat (3.5 grams saturated), 64 mg cholesterol, 275 mg sodium

2 Greek Turkey Burgers

Makes 4 servings

Ingredients:

- 1¼ pounds lean ground turkey
- 1 chopped roasted red pepper
- ½ cup crumbled feta cheese
- 2 cloves minced garlic
- 1 teaspoon dried oregano
- 1 teaspoon onion powder
- ¼ teaspoon red pepper flakes (optional)

Preparation: In a large bowl, add the ground turkey, roasted red peppers, feta, garlic, oregano, onion powder and red pepper flakes. Season with black pepper to taste. Mix the ingredients together until fully incorporated. Divide meat mixture into four equal portions and shape into patties. Place on grill and cook five minutes per side or until burgers are no longer pink in the center.

Nutrition per serving: 230 calories, 33 grams protein, 2 grams carbohydrates, 0 grams fiber, 9 grams of fat (3 grams saturated), 95 mg cholesterol, 300 mg sodium

3 Broccoli-cheddar Burgers

Makes 6 servings

Ingredients:

- 1¼ pounds lean ground turkey
- 1 10-ounce package frozen broccoli, thawed and well drained
- 2 egg whites
- ¼ cup ketchup
- 1 tablespoon Dijon mustard
- 1 teaspoon garlic powder
- 6 slices reduced-fat cheddar cheese

Preparation: In a large bowl, mix together ground turkey, cooled broccoli, egg whites, ketchup, mustard and garlic powder. Once well blended, form patties with burger mixture. Cook on grill five-seven minutes each side or until burgers are no longer pink in the center. During the last few minutes of cooking, top each burger with a slice of cheese.

Nutrition per serving: 245 calories, 27 grams protein, 9 grams carbohydrates, 1.5 grams fiber, 11 grams of fat (4.5 grams saturated), 80 mg cholesterol, 405 mg sodium

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Horoscope

♊ Gemini | May 22-June 20. You might find it necessary to make a small but significant sacrifice for a loved one. Don't make a big deal out of it.

♋ Cancer | June 21-July 22. You should concentrate on your latest interest, because that's where you're likely to make your greatest strides.

♌ Leo | July 23-Aug. 22. If you're properly motivated, you can make some outstanding achievements. If you just coast along, however, you'll actually lose ground.

♍ Virgo | Aug. 23-Sept. 22. Try to find time to spend with friends who share your philosophical beliefs. You can help one another to think bigger and better.

♎ Libra | Sept. 23-Oct. 22. Your ability to uncover things that others are trying to keep hidden is unusually keen. Now is the time to investigate a work matter.

♏ Scorpio | Oct. 23-Nov. 21. One-on-one relationships will require grace and tact. To appease someone, you might have to make a few concessions.

♐ Sagittarius | Nov. 22-Dec. 21. Don't think your self-esteem won't suffer if you fritter your time away. You won't get away with being unproductive.

♑ Capricorn | Dec. 22-Jan 20. A group project will fare better if you take a leadership role. The current commander might not be as talented as you.

♒ Aquarius | Jan. 21-Feb 18. You are presently in an excellent cycle, so don't waste this day. Visualize the results you want and work for them.

♓ Pisces | Feb. 19-March 20. If you find yourself a bit restless, either mentally or physically, check out a new project that has aroused your curiosity.

♈ Aries | March 21-April 20. Don't be surprised if you are unusually focused on your material interests.

♉ Taurus | April 21-May 21. You'll have no trouble asserting yourself in any kind of situation that calls for it, but you won't go so far as to push others around to get your way.

BERNICE BEDE OSOL

Sudoku: Easy and hard

2	3		1		9			
1		7			4			8
				6		2	7	
		3			5			6
4								7
7			6			3		
	9	1		5				
8			2			1		9
			9		6		5	4

							7	
			4	2	8	1		3
			3	9		2		
5				4	2			1
	6		7		1		3	
7			9	8				4
		6		7	9			
4		9	8	3	5			
	5							

How to play Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters

Don't like it, don't read it

Re: "'Sex Issue a death knell for greatness'" (Metro, June 4) I wish I could say I was sorry for the readers whose value system was offended by the Metro "Sex Issue," but frankly if it offends you then you should pay for a paper that caters to your value system and quit acting hurt by a free paper.

The rest of us, who realize and embrace sex and creation as very good when done right, will keep reading about sex and keep enjoying Metro. Also, thanks, Metro, for talking about something so many of us enjoy!

CHARLES BOSSE, VIA EMAIL

A slippery slope

I have to agree with letter writer Daniel Sullivan. Metro has the potential to lift people to a higher level. Spreading manure by focusing on values that have caused other civilizations to deteriorate.

ADELAIDE VERPONI, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

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In addition to news, features, updates and more, Metro is now posting letters to the editor on our website. Check it out at Metro.us.

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Interactive Crossword

Crossword

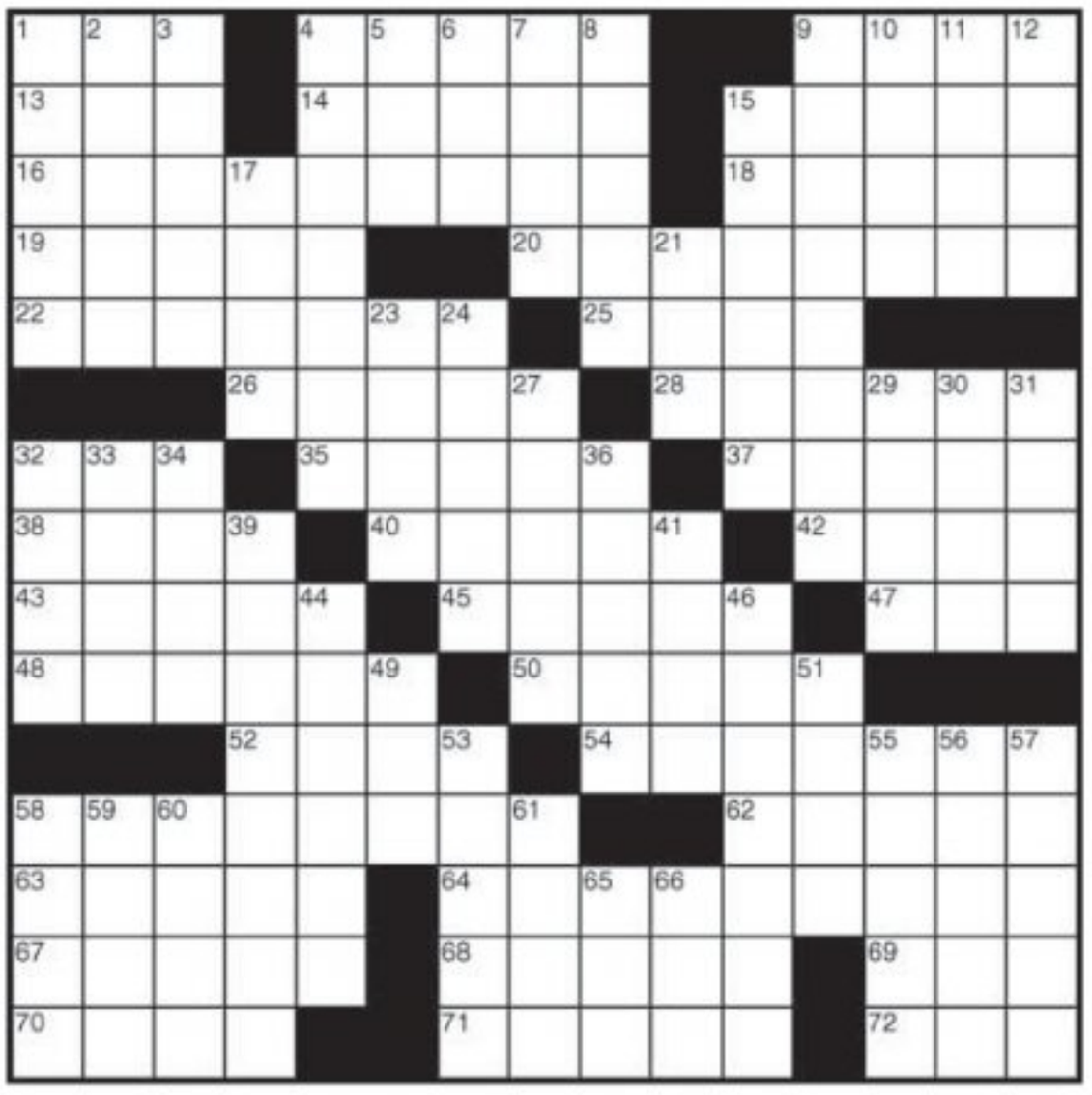
Across

1 Pull apart by force
4 Archaeology find
9 Fish for trout
13 Hard water?
14 Great blue —
15 Rich soil
16 Wistful feeling
18 Verdi output
19 Blow, as a horse
20 Tall beer glass
22 Perfume
25 Minor falling-out
26 Hair-raising
28 Modus operandi
32 Links org.
35 Narrow crest
37 Farm implement pioneer
38 Holds the deed
40 Fall to
42 Long white robes
43 Advise against
45 Lordly
47 Tire pressure meas.
48 Whimper
50 Bus station
52 Ancient Dead Sea kingdom
54 Used a CB
58 Like an angel
62 Hand holder
63 Mr. Spock's forte
64 Pre-Bronze Age
67 Slacken off
68 Folger's Mrs.
69 KLM datum
70 Big pet
71 Grid coach Amos Alonzo —
72 Bad hair —

Down

1 Dentist's order
2 Click-on items
3 Acapulco cash
4 Nimoy costar
5 Util. bill
6 Joule fraction
7 Clark's wife, finally
8 Pass, as a bill
9 Preference, so to speak (3 wds.)
10 Famous last word
11 Confident
12 Bygone despot
15 – it (walked)
17 Bird abode
21 That fellow
23 Bin
24 Quilt filler
27 — on (incited)
29 Stick up for
30 Planets or moons
31 He loved Lucy
32 Schools of whales
33 Ms. Verdon
34 Not pro
36 Peak in a Trevanian title
39 Harshness
41 Vineyard valley
44 Lose some
46 Accommodations
49 Badminton stroke
51 Car-steering option
53 Ariadne's father
55 Exclaimed over
56 Madonna role
57 Tooth problem
58 Peal of thunder
59 Freight hopper
60 Author Jennifer —
61 Druid
65 Mama bear, in Madrid
66 Race portion

Yesterday's answer



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3

SPORTS

NFL

Williams not sorry for OTAs

New Eagles cornerback Cary Williams isn't apologizing for missing a portion of OTAs to watch his daughter's dance recital. Quite the contrary. Williams, who signed a $17 million deal in the offseason, said he was trying to be a great dad. "If I was doing something negative, then report it," he said. "I'm not doing anything negative."

Watch online

Highlights of last night's Phillies-Marlins game at **Metro.us/sports**

Phils playing down to competition often

MLB. Phillies can't keep losing games to teams below them in the standings.

Greg Dobbs remembers what it was like playing for the Phillies in 2008 and 2009. Back then, the Phillies crushed the Nationals. That was the difference between winning five straight division titles and finishing second, like the Braves did from 2007 to 2011.

The Braves played .500 ball against what was a lowly Nationals squad. The Phillies were 23 games over .500 against the Nats during that half-decade run.

"We beat up on Washington and that was a big reason for the Phillies' success," Dobbs said.

"We never took them lightly. We were serious and we won a lot of games against them and that enabled us to finish on top of the division."

The Phillies need to take advantage of Miami. The woebegone Marlins have somehow won a quarter of their games against Charlie Manuel's squad.

"You have to play hard against the Marlins," Ben Revere said. "They have a lot of good young players on that team. You can't afford to take them lightly."

The Marlins are playing with a chip on their shoulder.

"Not a lot of people think we can win," Dobbs said. "We're out there to prove them wrong every game."

It couldn't have been more different for Dobbs when he played for the Phillies.

"People expected us to win and we did," Dobbs said. "It was special being around that environment. I had a good time with the Phillies, but it's a good time now as well with the Marlins."

If the Phillies expect to challenge for a postseason berth, they need to beat the Marlins — over and over again.

"You never know if one game will be the difference between making the playoffs and missing the playoffs," Revere said. "So you need to win as much as possible. I take the Marlins very seriously and so does everyone else on this club."

ED CONDRAN
sports@metro.us

Quoted

"You never know if one game will be the difference ..."

Ben Revere, Phillies outfielder, talking about beating less talented teams like the Miami Marlins

Kyle Kendrick pitched a complete game in Monday's 7-2 win over Miami. / GETTY IMAGES

NFL. McNabb admits that he is a 'fan' of Redskins quarterback

Donovan McNabb clarified previous comments he made regarding Robert Griffin III.

The former Eagles quarterback had come under fire for saying that RG3 had "too much" going on his life in a previous interview. He also insinuated that racism may have had something to do with his treatment.

McNabb appeared via telephone on the NFL Network yesterday.

"I am a fan of his," McNabb said. "I have watched him, I have watched the young generation that is playing now. I have been a fan and love the game of football." METRO

NFL

Deacon Jones dead at 74

Legendary defensive end David "Deacon" Jones died Monday night of natural causes. He was 74.

Jones, inducted into the Hall of Fame in 1980, created the word "sack." Sacks didn't become an official stat until 1982.

Jones had 173.5 career sacks, but that is unofficial. METRO

NBA

Bryant eyes NBA opener

Kobe Bryant is looking to return from a torn Achilles tendon in time for the Lakers' season opener.

Bryant, already six weeks into his rehab, told ESPN that he is being patient and letting the tendon heal. The Lower Merion product has one year remaining on his Lakers contract. METRO

Tennis

Federer out at French Open

Roger Federer was eliminated yesterday at the French Open.

Federer, a 17-time Grand Slam champion, lost in the quarterfinals to Jo-Wilfried Tsonga in Paris.

Serena Williams advanced to the semifinals on the women's side. She beat Svetlana Kuznetsova in the quarters. METRO

Belichick, Pats ready to invade Eagles practice

NFL. Birds teaming up with Pats for joint practice in advance of first preseason game.

Belichick is coming to town.
GETTY IMAGES

The Eagles and Patriots are teaming up — no, really.

New England coach Bill Belichick proposed an idea about holding joint practices in Philadelphia. Chip Kelly, who has known Belichick for a few years, immediately embraced the idea.

"I didn't call him. He called me," Kelly said. "I've known Bill for awhile. I have a ton of respect for him. He presented it to me and it made a lot of sense.

"You got to prepare for your first preseason game anyway, so instead of us trying to give looks to our defense about what the Patriots' offense is going to look like, then why not have them do it. We'll cooperate. … And they're not coming here, so it doesn't upset our schedule."

The joint practices are scheduled from Aug. 6 to Aug. 7 at the NovaCare Complex prior to the two teams meeting in a preseason game Aug. 9. It will mark the first time the Eagles have held a joint practice since 1998. Season ticket holders will be randomly invited to attend these practices.

MIKE GREGER
mgreger@metro.us

Eagles

Camp dates set

The Eagles have set their training camp schedule.

The team will host five open practices at Lincoln Financial Field that are free to fans. The Eagles will hold five additional private practices at the NovaCare Complex open to a limited number of season-ticket holders.

Tickets to the Linc practices will be made available June 18 at 2 p.m. Rookies report to camp July 22, with the full squad joining July 25. Camp ends Aug. 28 prior to the final preseason game.

"We organized the practice schedule to begin in late July and run throughout the entire month of August so that our fans and their families would have opportunities to see the team up close," president Don Smolenski said.

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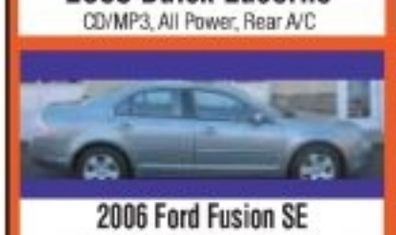
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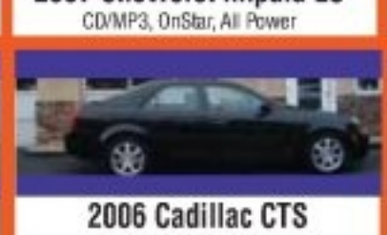
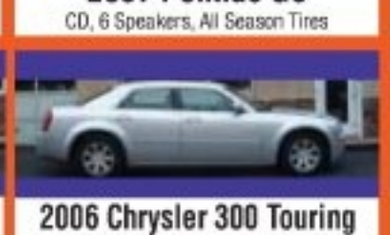
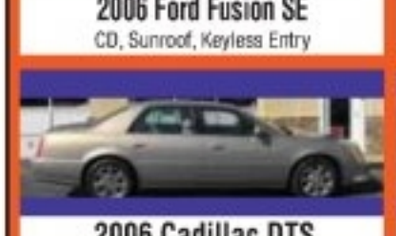

2006 Cadillac CTS
Navigation, OnStar, Leather


2006 Chrysler 300 Touring
Navigation, Sunroof, MP3

2006 Chevrolet Malibu LTZ
Premium Package, Sunroof, Alloy Wheels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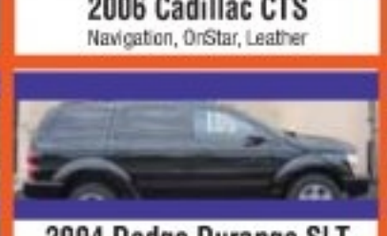
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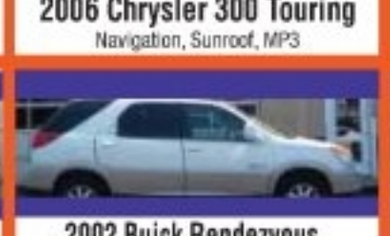
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NHL. Jagr trying to lead Boston back to Stanley Cup Finals

Former Flyer Jaromir Jagr is making an impact in the Eastern Finals.

Jagr had two assists in the Bruins' 6-1 win in Game 2 over Pittsburgh. The Bruins lead the series, 2-0, as it shifts to Boston tonight for Game 3. The points snapped a six-game scoreless streak for Jagr, a longtime fixture with Pittsburgh.

"It's a team game and sometimes you try everything and it just doesn't go in," Jagr told NHL.com.

Tough guy

"I like to play physical. I don't got to hit anybody, but I don't mind getting hit."

Jaromir Jagr, Bruins winger
in an interview with NHL.com.

"It's not the first time it's happened to me. Maybe not that long, but it's happened." METRO

NCAA

Ohio St. prez steps down

Ohio State's president has decided to retire in the wake of controversial comments.

Gordon Gee, 69, has been criticized in recent days after referring to Notre Dame as "those damn Catholics." Yesterday, he announced he would step down July 1.

Gee apologized for the comments, admitting it was a failed attempt at humor. After further reflection, he decided to retire. METRO

League's elite set to collide in NBA Finals

NBA. James, Heat gearing up for a battle against a championship-tested Spurs team.

The Miami Heat are heading back to the NBA Finals for a third straight season. Next up, the San Antonio Spurs.

It's a chance at redemption for LeBron James, who watched his Cavaliers get swept away by the Spurs back in 2007. Let's not confuse the Heat with those Cavaliers. Still, the experience left an impression on a 22-year-old James.

"I'm a much better player [now]," James said. "I'm 20, 40, 50 times better than I was in the 2007 Finals."

James and the Heat routed the Pacers Monday in a decisive Game 7. Now, they'll put the big-boy pants right back on in tomorrow's NBA Finals against San Antonio. Miami swept San Antonio in the regular-season series. METRO

LeBron James lost to the Spurs in 2007. / GETTY IMAGES

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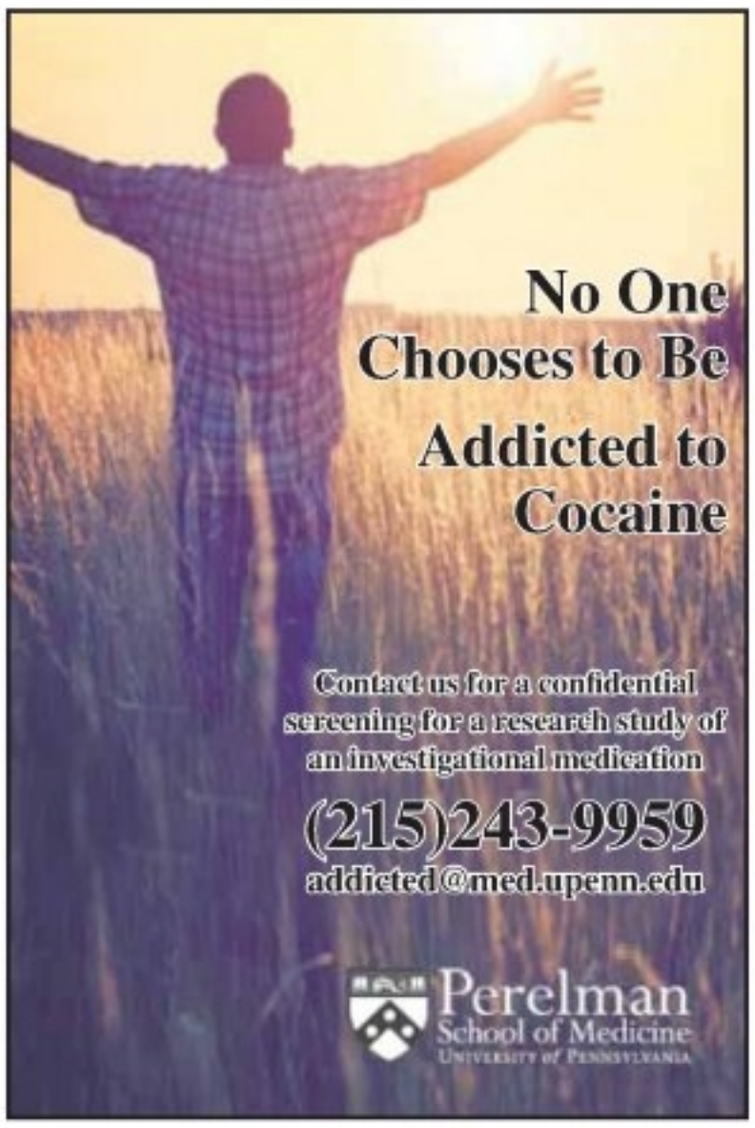
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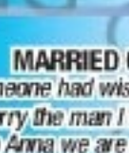

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Name Change
Court of Common Pleas for the County of Philadelphia,- May term, 2013, No.1236.

Notice is hereby given that on May 20, 2013, the petition of: Keon Skelton was filed, praying for a decree to change Skelton name to Liberato.

The Court has fixed court date, June 14th, 2013 at 11:30 AM, in Room Number 691 of City Hall, Philadelphia, PA for the hearing. All persons interested may appear and show cause if any they have, why the prayer of the said petition should not be granted. Solicitor: Keon Skelton

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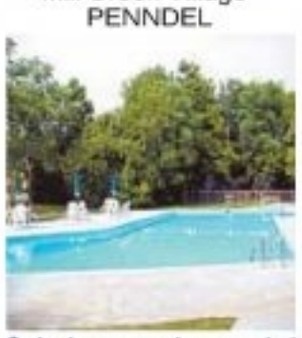

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Legal Notices

Citation Surrogate's Court, Monroe County The People of the State of New York

By the Grace of God Free and Independent To: Florence L Smith, 1542 Norton St. Rochester, New York 14621 Geraldine M. Zientara, 263 Aragon Ave, Rochester, New York 14622 Unknowns (whose names and where abouts are unknown), hereby intending to designate the distributees of the Estate of Eugenia Boguslaw, If living, but if dead, their legal representatives, assigns, and all other persons who by purchase, inheritance or otherwise have or claim to have an interest in the Estate of Eugenia Boguslaw.

A petition having been duly filed by Frank B. Iacovangelo, Esq. Monroe County Public Administrator who is/are domiciled at 10 Autumn Wood, Rochester, New York, 14624. YOU ARE HEREBY CITED TO SHOW CAUSE before the Surrogate's Court, Monroe County, at 99 Exchange Blvd., Room 533, Rochester, New York on July 16, 2013 at 9:30 o'clock in the Forenoon of that day, why a decree should not be made in the estate of Eugenia Boguslaw lately domiciled at 2044 Portland Ave, Rochester, New York 14167 in the County of Monroe, New York, granting Letters of Administration upon the estate of the decedent to Frank B. Iacovangelo or to such other person as may be entitled thereto.

Gallo & Iacovangelo, LLP
39 State Street, Ste 700,
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Note: This citation is served upon you as required by law. You are not required to appear. If you fail to appear it will be assumed you do not object to the relief requested. You have a right to an attorney- at-law appear for you.

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